Warning Signs

Key Messages

Are you or someone you love at risk of suicide? Get the facts and take appropriate action.

Get help immediately by contacting a mental health professional or calling 1-800-273-8255 for a referral should you witness, hear, or see anyone exhibiting any one or more of the following:

Someone threatening to hurt or kill him/herself, or talking of

- wanting to hurt or kill him/herself.

 Someone looking for ways to kill him/herself by seeking access to firearms, available pills, or other means.

 Someone talking or writing about death, dying or suicide, when these actions are out of the ordinary for the person.
- Seek help as soon as possible by contacting a mental health professional or calling 1-800-273-8255 for a referral should you witness, hear, or see someone you know exhibiting any one or more of the following:

Hopelessness
Rage, uncontrolled anger, seeking revenge
Acting reckless or engaging in risky activities, seemingly
without thinking

ш	reening trapped – like there's no way out
	Increasing alcohol or drug use
	Withdrawing from friends, family and society
	Anxiety, agitation, unable to sleep or sleeping all the time
	Dramatic mood changes
	No reason for living; no sense of purpose in life

American Association of Suicidology 5221 Wisconsin Avenue, NW Washington, Dc 20015 Phone: (202) 237-2280

Fax: (202) 237-2282

Email: info@suicidology.org Website: www.suicidology.org